Ageing Well in Mendip

Class Name	Where?	When?	Cost
Strong and Steady - To improve strength and balance, helping to keep you steady on your feet and avoid falls. Call 01823 345614 for details.	Frome	Call 01823 345614 for details	£4.00
Strong and Steady - To improve strength and balance, helping to keep you steady on your feet and avoid falls. Call 01823 345614 for details.	Wells	Call 01823 345614 for details	£4.00
Movement to Music - For general fitness and for improving balance, co-ordination and circulation. Seated and Standing.	Wells	Tuesdays at 10am	£5.00
Tai Chi QiGong - Easy to learn gentle movements, to improve balance, flexibility and strength. Good for mind, body and wellbeing. Movements can be done seated or standing.	Wells	Tuesdays at 1:30pm	£5.00
Tai Chi QiGong - Easy to learn gentle movements, to improve balance, flexibility and strength. Good for mind, body and wellbeing. Movements can be done seated or standing.	Wanstrow	Mondays at 10:30am	£5.00

For more information please call Age UK Somerset on 01823 345626
email: ageingwell@ageuksomerset.org.uk or visit www.ageuksomerset.org.uk